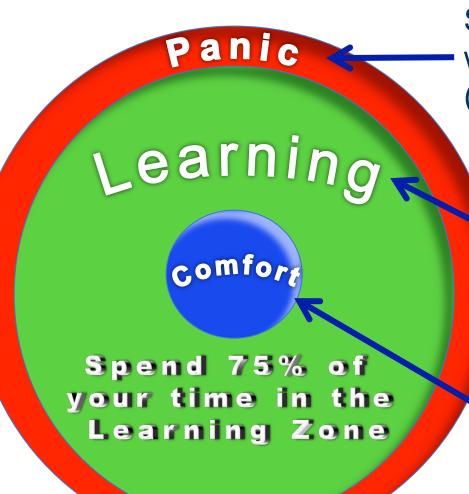
Effective Practice



Stressed, fearful, tense, worried, anxious, frustrated (things we're not ready for)

Challenged, excited, curious, engaged DELIBERATE PRACTICE (things that stretch us)

Safe, stable, relaxed, bored (things we can already do)